



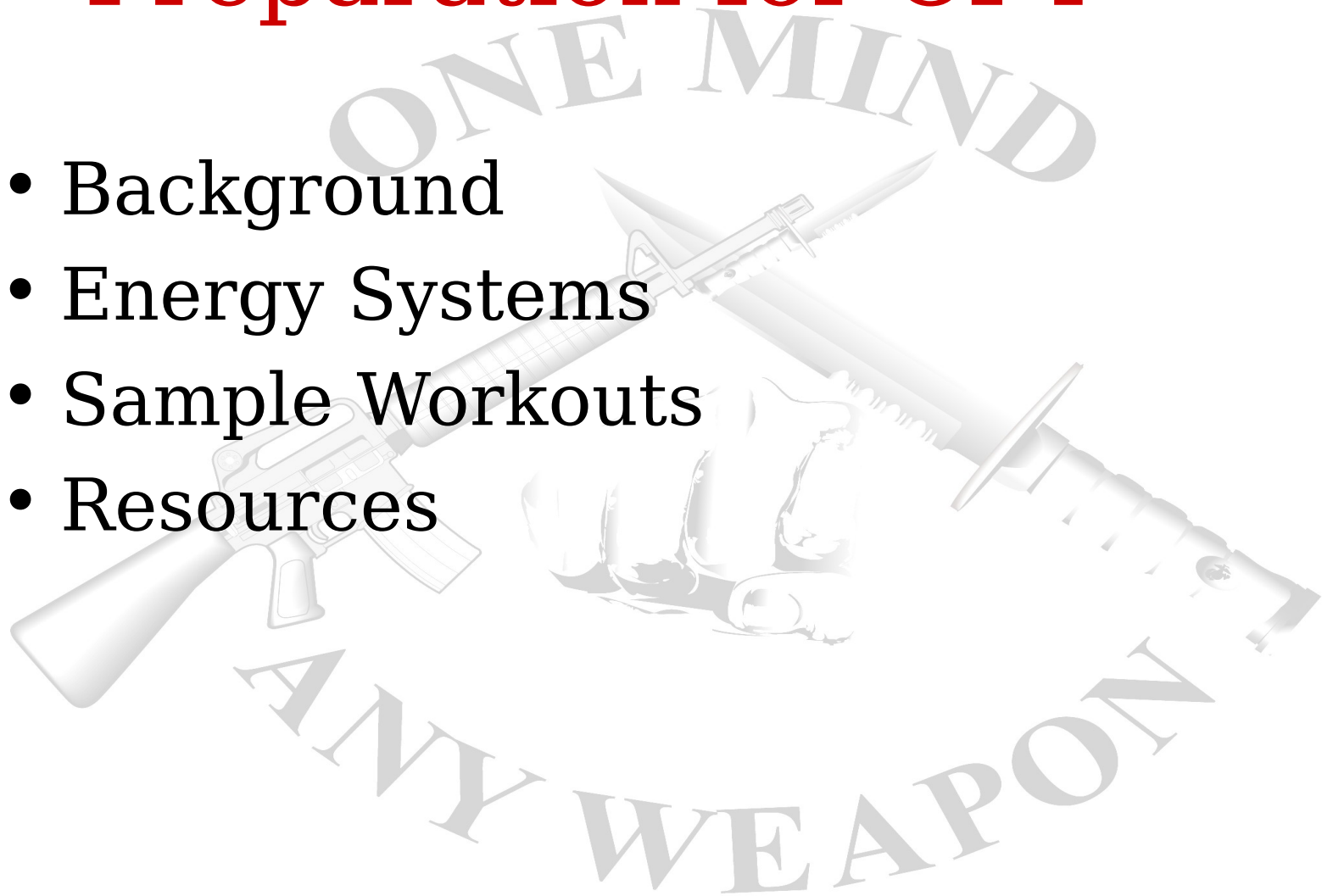
# **PREPARATION FOR THE COMBAT FITNESS TEST**



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# Preparation for CFT

- Background
- Energy Systems
- Sample Workouts
- Resources



# Background

- The purpose of the CFT is to measure the physical fitness of Marines in a manner which specifically accounts for operational readiness, by using tests which reflect operational demands.
- CFT will complement combat conditioning (CC) programming, but CC program should not consist solely of CFT preparation.
- CFT will test combat related skills that are present in CC programming.

# Energy Systems

- Phospagen- Activities ~ 10 seconds
- Glycolytic- Activities 10 seconds to ~6 mins
- Oxidative- Activities >6 mins
- The CFT will test a Marine's ability in high powered, short burst events (phosphagen, glycolytic systems)
- CFT complements PFT (e.g. 3 mile run)

# **PROGRAMMING WORKOUTS**

**Crosstraining the energy systems is the best way to achieve fitness for any unknown rigor of combat and for the CFT. Each routine must be different so the body cannot adapt to one situation. The more varied the routine, the better. By changing the routines and crosstraining the energy pathways, the body must adapt quicker and recover faster each training session. This equates to higher fitness levels among Marines; which is the overall goal.**

# **PROGRAMMING WORKOUTS**

**FOR STARTERS; THERE ARE FOUR  
MOVEMENTS OF STATIONARY  
EXERCISE**

**PUSH - ie. push-up, bench press,  
chest press**

**PULL - ie. pull-up, row, rope climb,  
dead lift**

**OH LIFT - ie. wall ball, push press,**

# **PROGRAMMING WORKOUTS**

**THERE ARE THREE CATEGORIES  
OF EXERCISE**

**(W) WEIGHT OTHER THAN THE BODY**  
**ie. - buddy squats, sand bag swing**

**(BW) BODY WEIGHT**  
**ie. - push-up, pull-up**

**(A) AEROBIC**  
**ie. - running, swimming**

# PROGRAMMING WORKOUTS

**EXAMPLE WEEK SCHEDULE BASED  
ON THE CATEGORIES  
OF EXERCISE**

**Mon / Tue / Wed / Thu / Fri / Sat / Sun**

<b>W</b>	<b>W</b>	<b>A</b>	<b>W</b>	<b>A</b>	<b>Off</b>	<b>Off</b>
	<b>BW</b>	<b>W</b>	<b>BW</b>			
		<b>BW</b>				

# PROGRAMMING WORKOUTS

## EXAMPLE WORKOUTS BASED OFF OF WEEK SCHEDULE:

**Monday: (W) Workout of the Day - 3 Rounds for time:**

Sand Bag Swing x 30, Buddy Squats x 10, Buddy Deadlifts x 10

**Tuesday: (BW, W) Workout of the Day - 5 Rounds for time:**

Buddy Push-ups x 30, Body Squats x 30

**Wednesday: (A, W, BW) Workout of the Day - 3 Rounds for time:**

Run 800 meters, Fireman Carry 100 meters, Burpees x 20

**Thursday: (BW, W) Workout of the Day - Complete as many rounds**

**in 20 minutes as possible: Body Squat x 30, Sand Bag Push Press x 30**

**Friday: (A) Workout of the Day - Run 3 miles for time**

# **PROGRAMMING WORKOUTS**

## **THINGS TO REMEMBER WHEN PROGRAMMING YOUR ROUTINES:**

- **Safety**
- **Individual Marines ability**
- **Proper Warm-up**
- **Proper Cool-down**
- **Stretching after exercise**

# **PROGRAMMING WORKOUTS**

**Last but not least: Conduct a mock CFT.  
To get better at the CFT, take the CFT.**

- Run it with more gear (more weight than prescribed) for shorter distances and also run it without gear for longer distances.**
- Change up the event order.**

# Summary

- Training for the CFT should be characterized by exercises that are varied, are short burst in nature and require intensive effort.
- Specific training results in specific adaptations. Mock CFT training will result in adaptations specific to CFT events.

# Resources

- Martial Arts Center of Excellence  
<http://www.tecom.usmc.mil/tbs/Pages/MA/default.htm>
- Capt Mcleod, MACE CC OIC
  - DSN 278-5304, email  
charles.mcleod@usmc.mil
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